



**TORRANCE MEETS EGYPT . . .** Dr. and Mrs. Eugene L. Cook, of 2703 Arlington Ave., meet Claramae Turner after her appearance in "Aida" at the Shrine Auditorium recently. Miss Turner will appear here next April 10 as one of the artists in the concert series sponsored by the Torrance Area Youth Bands, and the Cooks are active in promoting the series.

### Letters in Packages Get Approval of Post Office

Effective today a letter or message can be mailed inside a package under the Post Office Department's new "Combination" mail service.

O. H. Fuller, Regional Operations Manager for the postal service in California, Nevada and Hawaii, said yesterday, "The announcement by Postmaster General Arthur E. Summerfield is just in time for the heavy mailings of Christmas packages and the development is expected to be extremely popular with all mailers.

In the past, letters could accompany parcel post packages when enclosed in an envelope attached to the outside of the package. Otherwise, a letter with the familiar phrase "we are sending under separate cover" could be sent. Fuller said, "Both of these methods were awkward for the mailer and did not permit the sending of personal messages, instructions or directions inside the package.

The new "Combination" mail service provides that the mailer must put a statement reading "First-Class mail enclosed" on each parcel below the postage and above the address. The

statement can be rubber-stamped, handwritten, typewritten or printed. The proper amount of postage for each enclosure must be affixed to the outside of the parcel.

Fuller said, "Business firms are certain to find many ways to take advantage of the new service. And all of the American people will find it a convenient way to send appropriate messages right along with their Christmas presents this year.

**It's So Easy**

. . . to reach 120,000 readers with a low-cost HERALD Want-Ad. Just phone FA 8-4000. Ask for Ad-Taker.

**We Sell Pontiacs for \$100 LESS**

Than Ford, Ply., or Chev.

**TWIN PONTIAC**  
509 Pacific Coast Hwy., Hermosa

### New Parents' Class Starts On Thursday

A mid-winter course for expectant parents will be inaugurated Thursday at the Torrance Health Center, 2300 Carson St., according to Dr. B. A. Kogan, district health officer, under whose direction the classes are held for the County Health Department.

The classes will meet every Thursday at 1 p.m., with Mrs. Kristine de Queiros, public health nurse-instructor in charge. In addition to demonstrations on formula preparation and baby bath technique,

Mrs. de Queiros will have shown the latest fashions and equipment for babies.

There is no registration or other fee as the course is a service of the County Health Department.

FOR THOSE WHO REALLY APPRECIATE EXCELLENT FOOD AND ATTENTIVE SERVICE

IN LONG BEACH  
the distinctive  
**Victor Hugo**  
the colorful  
**HURLEY BELL**  
3801 E. Coast Highway  
Telephone Harbor 2716

730 EAST BROADWAY  
Telephone HEMlock 6-4476

Private dining rooms are available at both restaurants for banquets and parties.

THE FRED HERSHORN RESTAURANTS

### Keep Your Teeth in Your Mouth With Regular Care, Dental Trips

Los Angeles County Health Officer

Given a heredity that insures a normally healthy mouth and good bone structure, it is quite possible for most adults to keep their own teeth throughout life.

Whether or not this can be done, however, depends a lot on a number of factors. Fortunately, most of these are under the control of the individual, for not without reason has the mouth been called the gateway to health. Good mouth hygiene takes time and care, but the health benefits the individual often derives from it make the effort worthwhile.

Progress made in the control of tooth decay thus far has been chiefly of benefit to children. Although neither the topical application of fluorine to the teeth of growing youngsters nor the addition of fluorides to the water supply completely eliminates the development of cavities in children's teeth, either method greatly reduces the amount of tooth decay. But, sad to say, fluorine is thought to be of very slight benefit to adults.

Yet this matter of keeping natural teeth as long as possible is important. Properly maintained teeth are vital as a balanced diet, and this is especially true of older people in whom the digestive processes are less efficient than in younger persons.

Since dentures are rarely as satisfactory in chewing as the teeth provided by nature, the person who can manage to keep his own equipment will, in the long run, generally be the healthier for it.

Most grown-ups will be able to recall the time when nearly everybody believed that tooth decay could be prevented by brushing the teeth regularly with a good dentifrice. This premise was based on the belief that a clean tooth never decays.

After millions and millions of people brushed their teeth conscientiously for years and years, it was realized that cleanliness was not wholly effective or the sole answer in the prevention of tooth decay.

As a matter of fact, under certain conditions no amount of regular brushing and no brand of dentifrice will prevent dental caries. This does not mean that brushing is a useless procedure for it is of very definite value in the overall program of good oral hygiene. Indeed, when always performed directly after eating, it is quite effective in preventing decay, but for most people this seems to be impracticable.

Adults might as well face up to the fact that the preservation of the teeth and the general health of the mouth, depend to a considerable extent on dental skill. Two or three visits should be made to the dentist every year, preferably three.

The adult program of prevention involves discovering new cavities while they are small and repairing the damage. It also includes periodic and thorough cleaning of the teeth.

This prophylaxis must be performed oftener on some people than on others. Smoking, for example, seems to encourage more rapid development of tartar and discoloration and, in general mouth health, smoking is also thought to be one of the chief factors in the development of a condition medically known as leukoplakia and sometimes referred to as "smoker's mouth."

According to the American Cancer Society, approximately 3000 individuals die annually in the United States from cancers located in the mouth. The present percentage of cure in this particular condition is only 35 per cent, but it is estimated that early discovery would increase the cure rate to 65 per

cent. The dentist is therefore one of the key figures in discovering cancer in this area of the body, for any abnormal condition is usually readily detected at the time of examination.

Although no single food can be said to prevent tooth decay, a well-balanced diet with only a modicum of sweets is essential for good oral health. The mucous membrane of the mouth and gums is especially benefited by the inclusion of adequate dietary amounts of citrus fruits or other foods that contain Vitamin C. Bleeding of the gums is often a signal of this dietary deficiency.

All too often people who take very good care of their mouths and teeth during their younger years begin to neglect this form of hygiene as they grow older. The reason for this is generally due to the fact that, with advancing years, tooth decay tends to become less common, and so the average person becomes careless.



It took 2 weeks to grow...  
but 1 minute to shave off!

WITH THE NEW **REMINGTON 60 Deluxe**

It can be done with the world's fastest shaver—the man-sized Remington. Because the Remington 60 Deluxe has nearly 3 times more live-shaving area than the old-fashioned type shaver with one or two small heads!

What's more, this shaver gives a shave closer and more comfortable than any shaving method, wet or dry. Because the man-sized Remington is so gentle, it can shave the short, close fuzz off a peach . . . without harming its tender skin . . . so powerful, it easily shaves tough bristles off a brush!

Try the Remington—for 14 days at no cost! Stop in today and get one. Soon as you try it, you'll "reach for the Remington" for life!



**Parrish STATIONERS**  
"WE SERVICE EVERYTHING WE SELL"  
1423 MARGELINA AVE. FA 8-6074

### HUNTING FOR MONEY-SAVING FOOD BUYS?

IT'S ALWAYS OPEN SEASON ON **Values** AT ROTH'S MARKETS

SWEET SUSAN SALAD DRESSING QUART JAR	33¢	Dawn Fresh Green Cut Spear ASPARAGUS 10 1/2-OZ. CAN	19¢	GOLDEN ORCHARD FRUIT MIX Can	2 1/2 23¢
		MARLO—24-OZ. CAN BEEF STEW	33¢	TREESWEET ORANGE JUICE 46-OZ. CAN	35¢

### ROTH'S FINEST FRESH PRODUCE

FANCY WINTERNELLIS PEARS 3 lbs. 25¢

EXTRA FANCY DEGLET NOOR DATES 12-OZ. PACKAGE 19¢

ROTH'S FINEST Delicatessen

Oscar Mayer—All Meat Sliced Bologna 7-oz. Pkg.	29¢	KRAFT SLICED Swiss Cheese 8-oz. Pkg.	33¢
--	-----	--------------------------------------	-----

ORTEGA CHILI SALSA	7-oz. 18¢
PERK DOG FOOD	No. 1 can 2 for 27¢
RATH SAUSAGE PATTIES	8-oz. 32¢
RATH SCRAPPLE	16-oz. 29¢
REAL PRUNE PRUNE JUICE	24-oz. 27¢
SUNBRITE CLEANSER	Reg. 3 for 25¢
TREND LIQUID DETERGENT	12-oz. 2 for 59¢
TREND SOAP	1 lb. 2 for 39¢
WOODBURY SOAP	reg. bar 3 for 27¢
WOODBURY SOAP	bath bar 2 for 27¢

### ROTH'S FINEST QUALITY MEATS

FRESH SLICED PORK LIVER 19¢ lb

TENDER JUICY FLANK STEAK	59¢ lb	EASTERN SPARE RIBS	39¢ lb
--------------------------	--------	--------------------	--------

LEAN—MEATY SHORT RIBS 17¢ lb

ROTH'S FINEST FROZEN FOODS

SPEED SPUDS 12-oz. 2 for 25¢	FAIR ACRES MIXED Vegetables 8-oz. 10¢	FOUR WINDS BLACKKEYE PEAS 10-oz. 19¢
------------------------------	---------------------------------------	--------------------------------------

**Roths SUPER FOOD MARKETS**

PRICES EFFECTIVE MON., TUES., WED., NOV. 28 - 29 - 30

1321 Post Avenue, Torrance  
109 S. Hawthorne Blvd., Hawthorne  
310 E. Manchester, L.A.—12021 W. Washington, Culver City—3024 S. Sepulveda, L.A.—2412 Pico Blvd., Santa Monica—2709 E. Main, Ventura

Sales Tax Collected on All Taxable Items We Reserve the Right to Limit Quantities

STOP-SHOP-SAVE at ROTH'S! SAVE at ROTH'S! STOP-SHOP-SAVE at ROTH'S! SAVE at ROTH'S! STOP-SHOP-SAVE at ROTH'S!